

Salads and Outings

- Always use an insulated cooler with cold source (block ice, frozen gel pack, frozen water or juice in plastic or paper containers). Add a new cold source as needed.
- Use a separate cooler for food and beverages.
- Place the cooler in the passenger area of the car.
- If outside, store the cooler in the shade, cover with a blanket and keep closed as much as possible.
- In hot weather (85° and above), food should never be set out for more than one hour.
- Salads made with store-bought mayonnaise are safe when kept cold.

Try this easy, low cost recipe for salad dressing:

Sweet Red Russian Dressing

Makes 1 cup (serving size 2 Tablespoons)
Per serving: 50 calories

- 1 cup ketchup
- ¼ cup vinegar
- ½ teaspoon pepper
- 1 teaspoon garlic powder
- 2 Tablespoons brown sugar
- 1 teaspoon vegetable oil (optional)

Combine all ingredients in a jar with lid and shake well.
Refrigerate.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Cool Your Summer with Salads



Serving one or more of these chilled dishes at each meal will please the diners and help keep the house cool. Salads add color, new flavor combinations, a variety of textures, and sparkle to what could be a “ho-hum” meal.



Extension
UNIVERSITY OF WISCONSIN-MADISON

Nutrition Education Program

Extension Dunn County
3001 US Hwy 12 E, Suite 216
Menomonie WI 54751
(715) 232-1636

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

Salads are Versatile

- Prepare salads, which can be made easily at the last minute, by doing some preparation in advance. Rinse fresh foods, cut or break into bite-sized pieces, and chill.

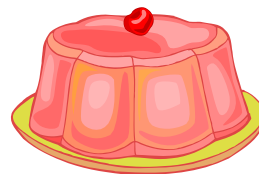


- Prepare ahead those salads that need time to blend flavors or set. This includes macaroni, main dish, marinated vegetable, and gelatin salads.

- Take advantage of leftovers of meat, rice or cooked vegetables from the previous day. Combine with new garden produce or cheese to make a new dish.

- Salads can be easy to serve. Last minute details of putting together, garnishing or unmolding a salad can be accomplished quickly -- especially if those pre-preparation duties were accomplished.

- Salads can be any part of the meal -- a light appetizer, a side dish, main dish, dessert or snack.



- Add spices, herbs, grated carrots, shredded cheese or homemade croutons to add flavor.



- In a hurry? Use your favorite canned fruits, vegetables, fish or chicken as a substitute in recipes. Serve over greens. Add toast and milk to the menu for a quick meal.

Salads Save Money

Helps to stretch the food dollar by:

- using fruits and vegetables in season
- using leftovers from the meat group
- incorporating pasta or rice.

Salads Can Be Part of a Healthy Diet

Use the ChooseMyPlate.gov to build a healthy diet.



- Ingredients for salads can include foods from all of the food groups.
- Salads can provide high quality protein, fiber, minerals and vitamins needed for good health depending upon ingredients chosen.
- If the amount of dressing or topping is controlled, salad can be a low fat food.

Menu Idea
Whole Meal Salad
French Bread
Canned Peaches
Low fat Milk

Whole Meal Salad
 (1 serving)
*Per serving: 220 calories,
 14 grams of fat*

- 2 cups salad greens
 (romaine, spinach, or
 mixture)
 - 1 cup chopped vegetables
 such as cucumber,
 frozen peas (thawed),
 onion, tomatoes,
 carrots, fresh
 mushrooms or bell
 peppers
 - 1 egg (cooked and sliced)
 - 1 ounce chicken, beef, or
 pork (cooked and
 chopped) or ¼ cup
 canned beans, drained
 - 1 tablespoon shredded
 cheese, chopped dried
 fruit, or chopped nuts
 - 2 tablespoons low fat
 salad dressing
1. Arrange greens on large
 plate or bowl.
 2. Add vegetables.
 3. Add egg, meat, or
 beans.
 4. Sprinkle with cheese,
 dried fruit, or nuts
 5. Drizzle dressing over
 top.



Menu Idea
Tasty Taco Rice Salad
Corn
Grapes
Low fat Milk

Tasty Taco Rice Salad
 (8 servings)
*Per serving: 230 calories,
 10 grams of fat*

- 1 pound lean ground beef
 - 1½ cups instant brown rice,
 uncooked
 - 2 cups water
 - 1 cup onion, chopped (about 1
 medium)
 - 1 tablespoon chili powder
 - 3 cups tomatoes, chopped
 - 1 seeded jalapeno (chopped finely)
 - 2 cups spinach or remain lettuce
 - 1 cup 2% fat cheese, shredded
1. Cook ground meat in a large
 skillet until brown (160° F).
 Drain off fat. Rinse meat with
 warm water to remove the
 grease.*
 2. Add rice, water, onion, and chili
 powder to meat in skillet.
 3. Cover. Simmer over low heat
 about 15 minutes to cook rice.
 4. Add tomatoes and jalapeno.
 Heat for 2-3 minutes.
 5. Place layers of spinach or
 remain lettuce, rice mixture, and
 cheese on plates. Serve at
 once.

Tip:
 *Do not pour green down the drain.
 Let grease harden, then put it in the
 trash.
 2 cans (14.5 ounce) Mexican style
 tomatoes can be used instead of fresh
 tomatoes and jalapeno. This will
 increase the sodium.

Menu Idea
Turkey Sandwich
Crunchy Cabbage Salad
Canned Peaches
Low fat Milk

Crunchy Cabbage Salad
 (8 servings)
*Per serving: 80 calories,
 grams of fat*

- 1 bag coleslaw mix or
 broccoli slaw
 - 2 cups mixed vegetables
 and/or fruits, such as:
 - chopped peppers, onions, or
 celery
 - shredded or diced carrots
 - frozen peas (thawed)
 - pineapple chunks or
 mandarin oranges (drained)
 - cantaloupe chunks
 - cherry tomatoes or grapes
 (halved)
 - ½ cup light ranch dressing
1. The coleslaw mix or
 broccoli slaw should say
 it has been washed. If it
 does not, wash it first by
 putting it in a colander,
 spraying it with water,
 and letting it drain.
 2. Combine coleslaw mix or
 broccoli slaw and other
 vegetables and/or fruits
 in a large bowl.
 3. Stir in the dressing.
 Cover and refrigerate
 until serving.

Tip: Top each serving with a few
 chopped nuts or raisins, if desired.

Menu Idea
Hamburgers on Buns
Pasta Salad
Apple Slices
Low fat Milk

Pasta Salad
 (6 servings)
*Per serving: 170 calories,
 2 grams of fat*

- 4 cups pasta, cooked
 - 1 cucumber, chopped
 - 1 tomato, chopped
 - ½ green pepper, chopped
 - ½ red onion, chopped
 - ⅓ cup reduced fat Italian salad
 dressing
1. Combine all ingredients
 in a large bowl. Mix well
 2. Cover and refrigerate.
 3. Toss before serving.
- Tips:
- Start with about 2 cups
 uncooked pasta to get 4
 cups cooked.
 - Use any shape of pasta
 you would like.
 - Try adding frozen or
 leftover vegetables.



Menu Idea
Confetti Rice and Bean Salad
Whole Wheat Pita
Watermelon Slices
Low fat Milk

Confetti Rice & Bean Salad
 (6 servings)

*Per serving: 260 calories,
 11 grams of fat*

- 1 cup instant brown rice, uncooked
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots (grated)
- 2 tablespoons onion (finely chopped)
- 1 cup frozen corn
- 1 can (15 ounces black beans (drained and rinsed))
- ¼ cup lime juice
- ¼ cup oil (canola, vegetable, or olive)
- ½ teaspoon salt
- ½ teaspoon black pepper

1. Cook rice according to package directions and let cool.
2. Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

Tips:

Use as a side dish, pita or tortilla filling, dip for tortilla chips, or filling for a lettuce wrap.

Add one cup of cooked meat, chicken, or fish for variety.

Add color and flavor with 1 teaspoon cumin, 1 tablespoon dried parsley or 3 tablespoons fresh parsley (minced).

Menu Idea
Barbecued Chicken
Creamy Cauliflower Salad
Applesauce
Low fat Milk

Creamy Cauliflower Salad
 (6 servings)

*Per serving: 60 calories,
 2 gram of fat*

- 2 cups cauliflower (broken into florets)(about ½ head)
- ½ cup onion, diced
- 2 cups lettuce, chopped (romaine works well)
- 1 red or green apple, chopped (Braeburn, Granny Smith)
- ¼ cup light ranch dressing

1. Prepare the cauliflower by rinsing well in cold water just before using it. Snap off the outer leaves and discard.
2. Use a sharp knife and cutting board to slice off the stem and hollow out and remove core.
3. Cut or break cauliflower into small pieces called florets.
4. Toss cauliflower, onion, lettuce, and apples in a medium bowl.
5. Stir in dressing.
6. Cover. Refrigerate until ready to serve.

Menu Idea
Ham Sandwich
Potato Salad
Magical Fruit Salad
Low fat Milk

Potato Salad

(6 servings)

*Per serving: 122 calories,
 8 grams of fat*

- 1 pound potatoes (4 medium potatoes)
- 1 cup onion (diced)
- ½ cup celery (chopped)
- ½ cup mayonnaise, low-fat
- ¼ cup sweet pickle relish

1. Scrub the potatoes and peel them.
2. Cut the potatoes into 1-inch cubes.
3. Put the potatoes into a saucepan. Cover with water.
4. Bring the potatoes to a boil on medium heat.
5. Let the potatoes simmer for 15 minutes until they're soft.
6. Drain the hot water, let the potatoes cool.
7. While the potatoes are cooling, peel and chop onions and celery.
8. Put the chopped onion and celery in a medium mixing bowl.
9. Add the mayonnaise and pickle relish. Stir together.
10. Add the cooled potatoes. Stir again.
11. Cover the bowl. Put in the fridge for at least 2 hours before serving.

Magical Fruit Salad
 (12 servings)

*Per serving: 100 calories,
 0 gram of fat*

- 1 can (20 ounces) pineapple chunks in 100% juice
- 2 cups seedless grapes
- 2 bananas
- 1¾ cups low fat or nonfat milk
- 1 package (3.4 ounces) instant lemon or vanilla pudding mix

1. Drain juice from pineapple and discard or save for another recipe.
2. Rinse grapes and remove stems.
3. Peel bananas and cut into bite sized pieces.
4. Pour milk into a bowl. Sprinkle in the pudding mix while stirring.
5. Add all the fruit to the pudding.



Tips:

Experiment with different fruits and pudding flavors to see what your family likes. This salad can be portioned out into small cups and used as a quick snack to grab out of the refrigerator or as a dessert.